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ABSTRACT

The author provides 20 abstracts of programs capable of being implemented in a community. These programs, based in Black Hawk County, Iowa, were developed by helping professionals in an institute at The University of Northern Iowa in dialogue with older adults. The objectives of this institute were: (1) to improve communication between dissimilar groups and (2) to formulate programs which could be used to more adequately provide for needs and services of older adults in the community. (VG)

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ABSTRACT OF THE PROJECT

"New Relationships with Older Persons: Establishing Links Between Senior Citizens and Helping-Professionals"

IOWA PROGRAM IMPACT

No. 75-003-008

Submitted by

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June 1976

ABSTRACT

"New Relationships with Older Persons:
Establishing Links Between Senior Citizens
and Helping-Professionals"

Statement of the Problem

By 1975 about one in ten persons in America were over the age of 65 years. In Iowa a significant percentage of the population are in this age range. According to a recent study more than 13% of the citizens in Black Hawk County, Iowa, are over the age of 60 years. In both numbers and proportions, older persons represent a sizeable and largely ignored element of the population nationally and locally.

The potential resources of the older citizens have not been utilized fully in the planning of programs and services to adequately meet their needs in the community. Engaging senior citizens in the formulation of programs and services increases their feelings of dignity and self worth, as well as utilizing fully the human resource potential of the community.

Purpose for the Institute

The University of Northern Iowa, which has significant influence in the area, provided the institute "New Relationships with Older Persons: Establishing Links Between Senior Citizens and Helping-Professionals" to gain a better understanding of the needs and resources of the older citizens in the community. The objectives of this institute were to improve communication between dissimilar groups and together formulate programs which could be implemented to more adequately provide for needs and services of the senior citizens in the community.

Methodology

This institute, in a two hour session each week during the spring semester, 1976, provided an opportunity for twenty helping-professionals to meet with older

persons who live in five different living situations (i.e., those who live (1) alone, (2) as couples, (3) with family, (4) in Retirement Centers, and (5) in Nursing Homes). An additional two hours per week was required for a student individual field experience with a senior citizen. Together the senior citizen and the helping-professional formulated an innovative and unique program to be implemented in the community. Three university semester credits were earned by the helping-professional* enrolled in the institute.

Results and Evaluation

Twenty programs capable of being implemented in the Black Hawk County area were developed by the helping-professionals in dialogue with senior citizens. This unique feature of the institute succeeded in realizing the resource potential of the older citizens, increasing their feeling of self worth, and providing programs and services needed in the community. The helping-professionals gained a greater understanding of older persons, the senior citizens found ways of being contributing members of their community. The establishment of these new linkages improved the level of communication and understanding among helping-professionals, senior citizens, and community leaders.

*Helping-professionals are defined in this proposal as persons with at least a baccalaureate degree who are working directly with individuals or families to improve the quality of their living. The term is meant to include home economists, counselors, social workers, and similar human service oriented groups of professionals.

Abstract #1

Proposal for a Formulized Step-System in Reality Orientation for Geriatrics in a Psychiatric Setting

I. Withdrawal from reality is a serious problem prevalent among geriatric patients, especially in a psychiatric setting. The patient often breaks off relationships with others, becomes disorientated to person, place and time, and judgment may become impaired. In order for a person to maintain awareness and orientation, they must be constantly stimulated.

Reality Orientation is not a new concept. One of the earliest Reality Orientation programs was initiated in 1958 at Winter Veterans Administration Hospital in Topeka, Kansas. These programs have been refined since their inception.

II. The purpose of this study is to determine whether a formalized step-system using reality orientation to increase judgment and personal responsibility in a geriatric setting can be a useful and practical therapeutic tool.

III. A four-week basic period will be conducted to determine the present level of reality orientation and present rate of progression through the stages. After the initial four-week period, the patients will be made aware of the step-system and the methods of the advancement. Also at this time the wards will be flooded with visual stimuli as well as more oratory stimuli and verbal encounters with student nurses and staff.

IV. During a final eight-week test period the effectiveness of such a formalized step-by-step program will be evaluated.

Abstract #2

Family Nite at the Newel Post:
An Adult Day Care Program

I. Adult Day Care is a pilot project to demonstrate a new alternative in health services, primarily to the older adult who has a physical, mental, or social disability, to the degree that they cannot or should not stay alone, but do not need 24-hour care.

The purpose of the Newel Post is to serve those sixty and over or handicapped adults in Area VII.

II. My project is to develop a monthly meeting with the families or guardians of those persons who attend the Newel Post. A meeting might be helpful in several ways:

1. To discuss problems the families have at home that may be concerned with the Newel Post.
2. To better understand why their family member looks forward to attending the Newel Post.
3. To describe the program at the Newel Post.
4. To be a supportive agency to the families of the clients, making all families aware of the problems and needs of other families.
5. To help in the evaluation of the program and services at the Newel Post.

The families of the clients have expressed an interest in having the first meeting on May 19. Some of the families will need transportation, which will be supplied by volunteers.

There has been such enthusiasm for this program that it is anticipated it may become an event planned each month.

Abstract #3

Worship and Inspiration Services for Health Care Residents

I. Statement of the Problem:

In my six years as Chaplain of the Western Home Retirement Center in Cedar Falls, Iowa, nothing specific has been done to plan and implement the spiritual needs and resources that are explicitly inherent in the residents of our Health Care Facilities! I see this as a twofold opportunity:

1. An opportunity to provide a means for these residents to be freed of virtual imprisonment in the Health Care Centers with staff and resident cooperation in taking them to the Chapel area for worship and inspirational programs quarterly.

2. An opportunity for interdepartmental cooperation on the part of the staff and residents to plan, participate, and provide worship and inspiration experiences.

My reading, research, and experience prior to and involving this workshop has convinced me that one of the greatest of all wastes is the waste of human talent, that constantly, for the most part, lie unused within all of our society and particularly within our older adults of retirement age!

II. Description of the Program:

I propose a Worship and Inspiration program in the Western Home Chapel on a quarterly basis. This will necessitate close interdepartmental cooperation on the part of the staff and the residents. I am asking for this cooperation by involving residents, staff, and community leaders in the planning, programming, and implementation of these service worship experiences. There will be periodic evaluation through questionnaires and evaluation sheets on the part of the residents, staff, and participants! The key to this accomplishment is in the involvement and participation of both the residents and staff and their expression of talent in the actual content of the service inspiration periods.

III. Discussion and Evaluation of the Program:

1. Residential involvement at all levels planning, participation in guiding and sharing in the actual content of the worship inspiration period, and evaluation of the experience and feedback on the content.

2. Interdepartmental involvement with each of the departments and the residents.

3. Variety in worship and inspiration such as music, individual religious experience and witness, the sharing of individual talents through poetry, favorite passages of scripture, painting, etc.

4. It will be a break from tradition and one person presentations where the majority of those present merely participate by listening rather than expressing their own conviction and religious experiences.

5. A questionnaire issued to the residents at the services will be used as one evaluation tool.

Abstract #4

Study of the Use of Food Stamps
by Elderly and Low-Income People

Statement of the Problem

This is a Food Stamp study to find out what is happening to the elderly and low-income people on the Food Stamp program.

Why do some people run out of food, and others have plenty? Is it possible to cut costs of the program? Is it possible to motivate elderly, low-income, and SSI persons to eat better?

Background and/or Review of Literature for the Program

The study was made of 42 households involving 128 persons; including 12 elderly singles and one elderly couple. The study was made by sending out a form with Homemakers and Extension Service Food Aides.

Mr. Denise Daly, Representative of Food & Nutrition Service, reminded me that the Food Stamp program is for food only. Nonie England, Iowa State Extension Service, informed me that cooking schools for low-income people are poorly attended.

The class consultants and handouts were most helpful in preparing this summary.

Description of the Program

Each Food Stamp recipient should carry their own number, and they should sign their name and number at the grocery store each time they shop. Homemakers and people who may assist the client should also have a number. This should curb thievery, misuse of Food Stamps, and protect the elderly.

Junk food and pop should be struck from the Food Stamp program's purchasing power. Special consideration of food needs for the elderly should be given; such as diets advised by doctors. I believe it would be wise to add laundry, dish, and toilet soap; for cleanliness sake. Have you ever tried to wash dishes without soap?

I believe the Food Stamp allowance is more than adequate. It can be cut down by Extension Service pamphlets on budgeting, food storage and preparation, nutrition, and low-cost recipes. Classroom teaching can be done by retired elderly persons, and persons who are out of work. The classroom experience would bring young, middel-age, and elderly together for social and mental enrichment; and maybe independence.

Meeting places could be churches, schools, or other public buildings.

Discussion and/or Evaluation of the Program

Having to manage on less food stamps will require careful shopping and planning with extra study on nutrition. The class work will be a guide on how to manage the food needs for the family, single person, and elderly. Talking and meeting people of different ages with some of the same problems may very well stimulate self-improvement and pride.

Abstract #5 Plan for a Multi-Purpose Center

Historically, the Hawkeye Valley Area Agency on Aging has housed itself in the Community Services Building in the Waterloo metropolitan area (Black Hawk County). This location has provided adequate office space for the Area Agency on Aging and yet the cost of such space, its accessiblity to older people, and its floor plan have not been optimal. Agency staff have had ready acess to other service agencies housed within this complex. This access has lent to fuller cooperation of the agencies in meeting the needs of the elderly more effectively and helped to minimize duplication of delivered services. The project proposal contained herein is intended to take steps to improve and to expand upon the positive facets which prevail, by co-locating with Retired Senior Volunteer Program and with the Black Hawk County Council on Aging direct service Programs.

In order for relocation to be the kind of growth step envisioned, it must maintain the status quo and augment with it, the advantage of a multi-purpose senior center in a more strategic area. The area chosen needs to insure adequate availability to public transportation, shopping, parking, and meeting space. It is possible that this location could include additional office area for other agencies wishing to participate in such a cooperative planning, resource, and direct service delivery center such as Crisis Line, A.A.R.P., S.B.A., Info-Line, etc.

Ideally, housing the offices in such a location should include the advantage of providing a direct service senior center operation. This must embrace a complete range of activities such as sedentary recreational activities, educational opportunities, training experiences, nutritional services, and community meeting space. We believe such a facility would allow greater participation of elderly in the planning process and by its location and accessibility would afford them this opportunity through self expression and fullfillment.

This concept is new to the state of Iowa. When implemented we will work hard and long for its success. This is envisioned as a key thrust for Area Agency planning. Therefore, it is probable that this demonstration project could become a training ground in the state and region for others wishing to provide this type of comprehensive service delivery to elderly. There is also a potential development for satelite operations throughout the area agency catchment area providing similiar services on a smaller scale. These satelites could provide easier access TO elderly IN remote areas to area agency staff as well as to the services funded through the area agencies on aging. It is with this vision that the Hawkeye Valley Area Agency on Aging submits the following proposal for your consideration.

Abstract #6 Investigating the Possibility of Providing Motorized Wheelchairs in Shopping Malls

My project is to help the older citizens or the handicapped maintain their independence while they shop or enjoy the recreational activities of the Crossroads and College Square Shopping centers.

It is important that these residents of our community take care of their own needs, and be as self sufficient as their abilities allow. This creates a feeling of well being in the individual, as well as a positive influence on the economy of the community.

The idea for my project came from talking with my parents who are 85 and 86 years of age. My father can drive to the shopping center, which is about 25 miles from his home, but there are several obstacles to shopping. Parking close to a door is a problem. It is difficult to shop at more than one store because walking the distance and/or carrying packages is tiring.

The way I plan to help this situation is to have at least two motorized wheelchairs in each shopping center, close to an entrance, where parking has been provided for the elderly and the handicapped. I invision these chairs available by phone reservation or check out at a reasonable cost per hour.

I discussed this idea with the class members and our older adult guests. They indicated approval and suggested I continue to develop the idea.

I contacted John Brownstone, Exceptional Persons Social Worker, asking if they could help finance such a project or make wheelchairs available without cost. He indicated they could get the wheelchairs for us wholesale, and that the retail cost is about $800 per chair. He suggested some families might be willing to donate a chair of a deceased relative or a used chair might be purchased at a lower cost

I made an appointment and interviewed the manager of Crossroads Shopping Center. I compiled a list of services they already have at the center for older adults and the handicapped. I asked how these are publicized. There is a sign in the lower mall that indicates a wheelchair is available. I had never seen the sign. I also did not know that they have two elevators, a phone at a height for a person in a wheelchair, and a restaurant having bathroo facilities for a person in a wheelchair. At that time I made a mental note to expand my project to a listing and publicizing of the services that are available to the person for whom they are provided, in this case, the elderly and the handicapped.

I also feel it is important to encourage the shopping centers to do this. It certainly is advantageous to their shops to gain customers.

The manager of the shopping center had formerly been a manager of a shopping center at Rochester. He was receptive to my idea, after being reassured several times that I was not there attempting to presure the center into implementing more services for elderly instantly. He indicated they had plans for expansion and are planning parking for the elderly. At other locations he had experience difficulty in keeping others from parking in conveniently located elderly and handicapped parking spaces.

He said the center's budget has been appropriated for this year and he was doubtful if motorized wheelchairs could be included, even if the merchants were agreeable, until next year's budget. At Rochester they had uniformed employees who were responsible for loaning the wheelchairs(non-motorized) which were in the mall.

He suggested I talk with a group of older citizens and get them to write supportive letters if they felt it a worthwhile project. Support from a group of consumers would carry more weight then a individual with a class project.

Also I made an appointment with the manager at College Square and presented the idea. I found they have two managers and I talked with the promotion manager. She could do little to help me, but suggested a later appointment with the general manager.

I talked with Donna Davis, David Lawson, and Chris Harshbarger at Council on Aging. Mr. Harshbarger indicated there might be some grant monies available for a pilot project. They suggested I present the idea to the advisory group for Council on Aging. I made an appointment and talked with them. They too felt a larger supportive base was needed before writing a supportive letter. This group and the instructor of my class recommended A.A.R.P. as a group which would support and perhaps have an action committee which would be willing to pursue the project. I have contacted Mr. Walden, the new president, and found their advisory committee meets quarterly. I have not had an opportunity to meet with them.

In a coversation with George Bennet, Hawkeye Institute of Technology, he brought out the idea that some people might be reluctant to use a motorized wheelchair. Perhaps motorized golf carts scheduled from one end of the center to the other during the prime shopping time might be beneficial. This idea may have merit.

I have not yet talked with a representative from R.S.V.P. to get input on the idea of using the retired volunteers to man a booth in the mall, helping to make available the services of the center, give assistance and information to the elderly and the handicapped. They could take the responsibility for checking out the motorized wheelchairs and accepting the fee, if that proves to be a feasible idea. I believe that chairs could be paid for by the merchants, donated chairs, service clubs, or retiree organizations.

At this point I am finding implementation of my project to be a time consuming job. I feel it would have a better chance of implementation if it were carried on by a group of consumers. I am in hopes A.A.R.P. will assume this responsibility.

Abstract #7

A Radio Station Run For and By the Elderly

Statement of the Problem:

There is an increasing number of elderly, and elderly are a relatively high proportion of Iowa's population. Isolation leads to loneliness. People in rural areas do not hear about activities if they have no newspaper or contact with people. In town it is still easy not to be informed about information that is important, i.e., Hawkeye Technology School program to inform elderly about swindlers. Victims are those who can't or won't get out so they must have information brought to them.

There is a need for music they enjoy and programs that interest and stimulate them. This could be done by listening to radio or actually working at a radio station.

Older people can not use television and newspapers easily for information or stimulation because of loss of eyesight. Also the rise in newspaper cost is a problem.

Elderly need to feel useful, to work and to relate to others. This could be done by working at a radio station doing program planning, reading the news, cataloging records and being a disc jockey.

Programs done by the elderly would also benefit the public. We need to know more about their pasts and their viewpoints. Recollections could be educational and interesting. Radio could change society's attitude towards the elderly.

Background for the Program:

A survey of the radio and television stations in the area reveal that no local radio stations are run for or by the elderly. Retirement Home residents were interviewed to find the needs and desires of the older person who listens to the radio many hours every day.

Description of the Program:

An engineer must be hired to find a channel (where and at what power levels). Cost--$500.

A 10-watt station is easiest to find an open channel for, cheapest, directed more for immediate locality and has less regulations.

A Board of Directors of interested people, elderly and financial supporters is needed.

A Program will be developed through advice from the elderly on the board and volunteers working there. A survey of elderly in the community will yield more suggestions. Programming could include old-time radio programs like The Shadow, big band music, classical music, and religious music, talk shows, interviews,

information on activities in the community and other topics of interest.

Evaluation of the Program:

Response to programs and interest in fulfilling volunteer staff needs should be good.

Funding problems are very possible. CPB is not feasible since a 1000-watt station is required for such funding. HEW funds help only with equipment and are not likely to help support a 10-watt station.

An over 10-watt station is not probable or desired. A smaller watt station is more able to direct programs to local population. Few channels are left locally for an over 10-watt station, and there are many more stipulations for bigger watt stations according to staff, money and time on air needed.

A program on another radio station is perhaps more feasible.

Commercial stations cost $100 per one hour show. Merchants may help with this support to get advertising, i.e., grocery stores, clothing stores. Such programs are subject to station's format and scheduling.

Educational stations are more likely to go on need (Ames and Iowa City) and are sponsored by grants. The U.N.I. station is most likely to cooperate in supporting programming for and by the elderly.

Abstract #8 A Friendly Visitor

Problem: The biggest problems among the elderly are lonliness and fear, both at home and in nursing homes. A continual state of lonliness causes depression, malnutrition, and sometimes even sucide. Twenty-five percent of all sucides in;the United States are 65 years of age and older. There is also the fear of the unknown, "what will happen to me because no one really cares".

Background and Review for Program: There is a program Compassion which is in the Lutheran Nursing Home in Waterloo, Iowa. There is a Meals on Wheels , Visiting Nurse, Senoir Citizens Dinner, and Council on Aging resources available in Reinbeck for assisting the elderly. The Council on Aging will find help to do chores, provide transportation, and homemaker services to assist the elderly at home, but they have to be asked to help. Many elderly have too much pride to ask for help and too embarrassed to say "I'm just plain lonesome". The Church Circles sponsor shut-ins at home, but this is mainly a card or cookies on special holidays.

Program: Iam recommending a"Friendly Visitor" program as an extension of all the above mentioned programs. I would organize it in cooperation with the Churches, the Nursing Home, and the Council on Aging. We would have an organizational meeting with resource people from the above mentioned organizations giving background information on their specific fields. We would want to stress at this time our main purpose would be trying to be a Friend to cheer up a lonesome shut-in. We would have to be willing as volunteers to give at least an hour of our time to call on our new Friend once a week, have coffee, play cards, help with any correspondence, and in general let them know that someone does care. Involvement is the key w ord; since it is difficult for them to get out we will bring the society to them, to help give them an interest in living.

Discussion andEvaluation of the program: As is the case in any volunteer program it can only be as strong as the volunteers. This is why we must inform the volunteers of the need and interest for this program. Possibly an incentive award program could be set-up with the cooperation of the Churches and the Nursing Home. There would be no funding necessary since it is strictly volunteer.

Abstract #9 "Operation YES: A Program of Youth and Elderly Sharing"

STEPS TO DEVELOP A PROGRAM FOR INSTITUTIONALIZED SENIOR CITIZENS

STEP I. Goal for the program.

To initiate and improve relationships between youth and elderly and to increase sources of contact with the outside world through establishment of a consistent and meaningful one to one relationship which grows out of independent action on the part of the participants.

Background justification.

"About 4% of the older population lives in institutional facilities...in the institutional setting opportunities for useful activity, leisure activities, contacts with the outside world, and privacy are all somewhat less frequent than they are outside."[1]

A program for youth and elderly sharing can serve present needs of companionship as well as provide a source of new insights for the future.

The goals for the program include:

a. To identify and involve those institutionalized elderly who are capable of participation in Operation Yes.
b. To provide a source of reality therapy and future orientation for those elderly who might otherwise lapse into the past.
c. To provide a consistent schedule of events for which the institutionalized person can plan and look forward, i.e., a written source of communication weekly, and a visit monthly.
d. To provide the older person with the opportunity to assert himself in an independent manner contrary to the typically dependent role which he must assume after institutionalization.

[1]Robert C. Atchley, The Social Forces In Later Life, An Introduction To Social Gerontology, ed. Irene Elmer/Kevin Gleason, Wadsworth Publishing (1972), p. 110.

e. To provide a source of companionship and friendship for the youth and the older person.
f. To provide a source of exposure to and a meaninfful and learning experience with the "invisible elderly", of whom our youth may not otherwise be aware.
g. To provide the opportunity for the elderly person to ontologically recapitulate and reacess his life in terms which might help him to perceive his present situation with a greater degree of satisfaction and clarity.
h. To be instrumental in the process of change, i.e., ignorance is not bliss, and to create a new awareness and understanding among the future generations of elderly.

The resources that are available and can be used:

a. Institutional facilities provided but often left unused, i.e., the living room, the supplies of books, crafts, games and recreational supplies which one may not be able to enjoy without some help or intervention of a second party.
b. Service clubs in the community:
   1) HEP-Help Elderly People, a teen club of volunteers funded by the Eldora Womans Club.
   2) Boy Scouts
   3) Girl Scouts
   4) Kiwannis, etc.
   5) Various religious organizations and clubs
c. School services and facilities.

STEP II. Formation of the steering Committee

Recruitment of fourth and fifth grade student volunteers will be done with the help of two of the teachers from those grades at the Eldora Community Schools, and with the permission and endorsement of the school principal. A tour of the Valley View Nursing Center will be given to those students who express interest in Operation Yes. Transportation will be provided by the coordinator of the program.

An advisory committee selected from the Valley View resident population will guide tours of the facility and work with two students and a number of Valley View staff members on the plan for introductory activities and program coordination efforts.

The advisory committee will consult with the teachers and the nursing home staff in an attempt to pair Valley View residents and volunteers in the best possible way, to ensure as much as possible the effective and satisfying results desired. Criteria for such pairing might concern individual interests, verbal levels, vocal qualities (some of the children may not be able to communicate adequately with the elderly with hearing problems, etc.), sensitivities, prejudices, and special emotional needs.

Adult volunteers and nursing home staff will be organized to provide follow up and supervisory functions.

Abstract #10

The Foster Grandparent Program: An Adaptation for Working With Juvenile Delinquents

The problem is a result of the process of modernization with its many social, psychological and physiological implications. Concomitantly with the process of modernization has been the improvement of medical technology, which has caused a sharp decrease in morbidity and mortality rates. With this decrease has been an increase in the number of elderly (age 60 or over) people proportionate to the total population. The problem is that society has not been able to adequately accomodate this larger elderly population. With the advent of mandatory retirement, industrialization and the concomitant development of a societal consciousness that values youth over all other age groups (Blau, 1973), we have a number of social and psychological problems with elderly that are uniquely modern.

Therefore we are looking for a program for lower-income elderly in the Cedar Falls-Waterloo area which must be developed to satisfy some of their basic needs (higher income--higher self esteem). Through investigation it was found there is a need for regular visitation, attention, rehabilitation, love and guidance for institutionalized and non-institutionalized handicapped or delinquent children and youth.

In order to answer these "mutual" needs a federal program called Foster Grandparent Program (FGP) should be established in the local area. This program will be developed to provide meaningful volunteer opportunities for low-income persons, age 60 and over, and to provide supportive services to children or youth with special needs in health, education, welfare and related settings.

The Foster Grandparent Program assists the lower-income elderly by paying them hourly wages for a 20 hour week, along with free transportation to work, a meal at work, along with a free yearly physical examination. It can't be demonstrated how the program's sponsors and taxpayers may be able to save money. Besides the economic benefits of FGP, there is also miraculous, non-economic benefits the children have received from this program.

In order to adequately determine the need for the installation of FGP in Cedar Falls and Waterloo a contact was made with professional and non-professional people to find if FGP was needed either for their institution or one they knew about. There seemed to be a genuine need of FGP, and this program might be adapted to provide a service to juvenile delinquents in this area.

A number of studies were cited showing methods of developing a program of Foster Grandparents serving children and youth in the way they know best, namely by developing a mutual relationship that words cannot depict nor describe!

Abstract #11

Proposal for the Creation of an Adjustment Counselor Position to Serve the Area Older Adults

In order to successfully adjust to aging, the older adult must acknowledge changes in his or her physical and mental capabilities, and subsequently find new definitions of purposeful activity, of involvement in the community, and of self-esteem that will be satisfying for him. An adjustment counselor can be instrumental in helping the older person examine alternatives, in providing support for the individual's efforts to adjust during this period of instability, and in helping the individual cope with the barriers to his or her happiness. The personal adjustments that the older person is asked to make may not be any greater than those he had made during crucial periods throughout his life. However, if he wishes to seek the services of a counselor, he may now have additional problems due to physical needs such as transportation and finances.

It is therefore proposed that the older adult receive free counseling. This service could be provided in a multi-service senior center, so that the individual will feel more comfortable and have the service offered as one of many services, thereby reducing problems of transportation. Possible funding by Title III of the Older Americans Act would make the counseling service available through an outreach program to all ten counties of the Hawkeye Valley Area Agency on Aging.

The review of the literature examines the functions and funding of counseling programs, with emphasis on those programs that are under the auspices of multi-service senior centers. The discussion examines possible duplication of services, other alternatives to resolving the problem, and further potential areas of involvement for the counselor.

Abstract #12 Cooperative Housing

Many senior citizens living today survive on low incomes, often only their social security checks. These alone do not allow them to afford available and adequate housing to meet their needs. To help meet the need for low income housing, it is proposed that older persons facilitate the fulfillment of needs of other older persons by cooperatively living together, sharing, caring, helping, socializing, and emotionally and physically satisfying one another. Cooperative homes could provide more goals for older persons and help them find more purpose, meaning, usefulness, and freedom in their lives. In finding these qualities there would be higher levels of emotional and social fulfillment.

A common type of cooperative living is where a widowed owner of a home shares her home with several other older persons. The tenants pay rent to cover the monthly expenses of the home, and all are equally responsible for sharing the duties and tasks of running a household.

The program proposed is a modified non-profit cooperative corporation living unit. The property and land would be a privately purchased home legally donated for the purpose of cooperative living. A two-part document would be drawn up by the donator to specify the roles of the cooperative which entails control over the property and land. The by-law portion of the document would clarify how the cooperative would run and explain how roles would effectively be carried out in the home. A resident overseer, probably in the 50's age range, would organize household duties and assist the older persons as necessary.

The major weakness of the program would be to find persons who would want to use their land for such a cause. Another difficult task would be finding older persons willing to live together in a cooperative home. Social agencies would need to help in publicizing the cooperative. The program would probably be most effective if implemented in a small town.

Abstract #13

Recruiting Persons for Friendly Visitor Programs

There are approximately 953 nursing home residents in the Waterloo, Cedar Falls area and a real need for volunteers to spend time with these residents on a weekly basis. The time spent should be with one particular resident each week. The staff is often too busy to communicate with these residents in this manner, and there are often no friends or relatives left. The residents' physical needs are met, but their emotional needs are often neglected, leaving them feeling very empty and alone inside. There is a need for someone to fill this gap.

A volunteer group in this area sponsored by the Metropolitan Lutheran Council has approximately 25-30 volunteers. Each volunteer visits a nursing home resident weekly, and most have been with the program about 3½ years. My project is to help recruit more volunteers for this program. I plan to express this need verbally to other church groups in the area. Youth groups will also be contacted, as well as senior citizen groups. The news media will also be a resource in getting the message to the community.

Many people I have talked to in the community do not like the idea of becoming a volunteer in a nursing home. They feel that the environment is too depressing and that a nursing home is a place where people go to die. This is certainly not the case today. I would attempt to change these attitudes and to present a more positive approach to the nursing home environment and of the real need for volunteers.

Abstract #14 Jobs for Older Adults

Statement of the Problem:

Iowa ranks third in the nation in the percentage of population aged 65 and over and their needs are many and varied. A major problem with most older adults is finances. About 2/3 of private employers demand retirement at age 65. A majority directly or indirectly encourage retirement before that age. Only a few employees and unions offer comprehensive preretirement plans..... those which offer help with the personal and medical, as well as the economic aspects of retirement. Inadequate and insecure income is perhaps the key social problem older people face. (Aging in American Society by James D. Manney.

Recognizing that Iowa ranks third in the nation in the percentage of population aged 65 and over, the Iowa 66th General Assembly appropriated funds for the program. The lawmakers designated the Iowa Commission on the Aging, with the cooperation of the Iowa Employment Security Commission, to administer the program. The local office, the Job Service Office in Waterloo, is open 5 days a week from 8:00 till 12:00 noon, for people 55 years and over to make application. This office reports it has many openings but not as many applicants. 7 out of 80 people were placed in April. It has been found that older applicants do not have much experience and may only be trained for one thing. Most of them don't have means of transportation, and some of the jobs pay well and others don't.

Part of the problem of older adults is not knowing about this service and a lack of communication. Information about this service needs to be put up in supermarkets, in church bulletins, more ads in the paper, and distribution to groups such as John Deere Retirees and other groups which have contact with older adults. If older adults could work part time it would increase their feeling of self worth, and older adults, just as anyone else, like the feeling of independence.

Abstract #15 Retired Teachers Volunteer Program

Upon retirement, a person's leisure or free time increases. Retired persons need an opportunity to do something they can feel is productive and worthwhile during some of this free time. From visits to the Western Home and through resource persons, it is evident that the retired teacher makes up a large percentage of the local retired population. Many of them are still capable and need a program that will provide them an opportunity to establish a recognized and respected place in their society while also being productive and needed again. Therefore, this is the group for whom the project is intended.

This project is a volunteer program that will recruit interested retired teachers and place them in a public school or special education facility. There they would work on a one-to-one basis with children who have language difficulties or other learning disabilities, establishing a relationship with the child through regular visits. Commitment and responsibility of the retired teachers are important aspects of the program, but the decision as to how frequently the visits will be made will be up to the retired teacher, as will be the decision as to where the individual wants to be placed. RSVP (Retired Senior Volunteers Program) will be the center where volunteers' names can be collected and placements made. Transportation for those needing it can be provided by the Council on Aging.

Abstract #16 Scenic Manor in the Bicentennial

Residents of intermediate care facilities are no longer capable of living independently because of physical and/or mental limitations. Once they are in the secure environment of the ICF they may regress from lack of stimulation and opportunities to participate in outside activities.

The bicentennial provides several ways to involve Scenic Manor intermediate care residents in community projects. Senior Citizens are able to make special contributions and many events are more enjoyable because they "remember when".

The residents of Scenic Manor are being encouraged to get involved in bicentennial events in Iowa Falls, both in the home and out in the community. The following is a summary of the bicentennial projects planned:

1. The Book Club read "In No Time At All" by Carl Hamilton. After each section there was lively discussion about memories of similar experiences in the 20's and 30's. Attendance at the Book Club improved.

2. Residents are working on a Bicentennial quilt. Those whose vision and hand ability permit have enjoyed the sewing with all the social aspects of an old fashioned quilting bee. Some who can't sew come just to enjoy the visiting.

3. Residents attended a style show at Ellsworth College showing fashions of first ladies through American history. This outing provoked a lot of primping and grooming the day before, and the ladies were reminded of what they wore as children, their mothers' clothes, what they dressed their children in, and present styles. Even the men entered into discussions of fashions they remembered.

4. "Honorary grandparents" were provided sixth graders who needed an oldster to interview for a class project. They had prepared questions about schools, chores, home life, products, and transportation in the childhood days of these older people.

5. A few residents will attend the matinee of 1776. The show is long--too long for most. We will have seats reserved in the back near the rest rooms and volunteers to provide assistance and transportation.

6. Band concerts in the park by the Red, White and Blue band, a special bicentennial band with musicians from 13 to 85.

7. Street parade July 3.

8. Venetian Parade on the river July 4 with fireworks after and a ski show before.

We will get as many people as possible to as many of these events as we can.

Abstract #17

Development of a Volunteer Department and Program

Our nations geriatric facilities need volunteers! In the 1970's there is an ever increasing need to transform the expression of concern into action. Never before has there been so much emphasis on the need for volunteers in social change being affected today by civic and voluntary organizations. (1)

The goal of this project is to develop an effective, workable volunteer department and program within a geriatric facility. The project places a high value on the effect that volunteers have on an agency and its residents through services that they deliver.

Volunteers are needed by the geriatric facility to help the staff adequately meet the needs of the facility's residents, to aide the staff in delivering services, and to reach all residents on an individual basis.

Ioneliness, isolation, and disengagement are problems that the older individual is often faced with. Volunteers can offer friendship, companionship, and a listening ear to the resident. Also, the volunteer is a visible sign that someone cares.

Before beginning development of a department and program a checklist developed by Melvin A. Glasser should be discussed jointly by the facility's administration, staff, and residents. If after considering this checklist, the facility feels that it is ready to develop a department and program, an Advisory Committee should be formed. The Advisory Committee is involved in the initial planning and follow-through evaluation of the department and program. The Advisory Committee consists of representatives from the administration, the directors of every department, one staff representative, and two nominated residents from each wing or ward of the facility.

The objectives of the volunteer department and program are:

1. Recruitment of volunteers
2. Interviewing and Placement of volunteers
3. Orientation of volunteers
4. Training of volunteers
5. Evaluation of volunteers, department, and program. Residents and volunteers also evaluate the department, program, and each other.
6. Recognition of volunteer service
7. Follow-up program for volunteers and residents

This is a feasible project which can be modified to meet the needs of a particular geriatric facility and its residents. It relies upon community resources, the geriatric facility, the residents of the facility, the resident's family, and the older person living in the community. Conviction, challenge, and commitment are necessary from both the volunteers and the professionals.

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1. Swanson, Mary. Your Volunteer Program, Des Moines Area Community College, Ankeny, Iowa, 1969, p. 1.

Abstract #18 Helping Hands Exchange Program

With the number of senior citizens on the increase, many suddenly find themselves living alone. Very often they find they are ill prepared to handle the many intricate matters involved in maintaining their home. There is a need for a program where they can help one another with the various tasks they are not capable of or have never learned to do and can not afford to hire done for them.

The program will be similar to a baby-sitting cooperative in that it will exchange service for service. The Helping Hands Exchange Program is explained to the various groups who meet for noon meals. They are encouraged on a one-to-one basis to tell their needs and what they would be willing to do in return. Charts are available for them to sign. They can check the charts, which will be posted on the bulletin boards at noon meal sites, to find persons with exchangeable needs and/or talents. The directors of the noon meal meeting places encourage participation in the program.

The Director of the local Salvation Army chapter also said it is a needed program which they have tried to get started previously and will actively support now that it has a wider base of operation.

Abstract #19

Plan for a Live-In Companion Referral Service

The purpose of the Live-In Companion Referral Service is to generate a source of live-in companions for older and handicapped persons in Black Hawk County and, by so doing, to provide needed housing and, possibly, employment to older and younger people in the county.

This project is to be accomplished through (1) the establishment of an energetic and well-focussed recruitment program designed to attract older and younger people in the county into becoming live-in companions to older and handicapped persons; and (2) a free training program for all recruits which will enhance their knowledge of the process of aging, communication skills, first aid and safety in the home, and their awareness of the possible roles of a live-in companion, as well as provide optional home-nursing training; (3) referral of persons so recruited and trained to older or handicapped persons requesting live-in companion services; and (4) follow-up on both clients (employers) and recruits (employees) to ascertain whether satisfactory placements have been made.

The bulk of the project (items 1 and 2, above) is supported by helping professionals who are volunteering their time to insure the success of this urgently needed service. The Hawkeye Valley Area Agency on Aging's Information and Referral Program will provide the services of referral and follow up. Only printing, paper supplies, and postage need be funded, so great is local committment to the project. That committment springs from the fact that an estimated thirty (30) persons per month request live-in companion services in Black Hawk County alone, while only three to five (3 to 5) persons are available on any standing basis to provide those services.

Monies are requested for start-up year only. If the Live-In Companion Referral Service proves successful, continuing funding may be requested for the project as a component of the Hawkeye Valley Area Agency on Aging's plan for the following year. However, the costs of the project as planned are so low that non-Title III funds might be acquired with little difficulty once there has been a firm demonstration of an effective program.

Abstract #20 Music Appreciation

Retirement Home residents need to be involved with other people and to participate in activities they find stimulating and enjoyable. A series of music appreciation programs will help meet these needs by bringing residents of an upper middle class retirement home together to enjoy and understand some great classical music of the world through the medium of recordings. Information about the lives of the classical composers, the music played, and the background and abilities of the performing artists on each program will also be given. The residents will then discuss what has been heard and ask questions.

The series is perhaps unique in utilizing junior and senior music majors from U.N.I. to conduct the sessions. These students can earn university credit as well as gain valuable experience. The residents will complete a questionnaire prior to the series, indicating the types of music in which they are interested. The most popular period according to questionnaire returns would be the beginning of the series. An atmosphere of dimmed lights and regular theatre-type programs simulating a concert hall will also help hold interest in the music.